

**THIS WEEK!**  
 NOVEMBER 22 7PM  
 NOVEMBER 23 7PM


 vs.
 

**INDIVIDUAL TICKETS**  
**\$21.00**  
PLUS FEES



**IT ALL STARTS HERE.**  
**48 BRENDAN LEMIEUX**

GET YOUR TICKETS AT [MOOSEHOCKEY.COM](http://MOOSEHOCKEY.COM) OR ANY TICKETMASTER LOCATION

# Winnipeg metro





Need help with me time? These women have you covered **metroLIFE**

Your essential daily news | MONDAY, NOVEMBER 21, 2016

High 1°C/Low -2°C Chance of flurries



## Facing racism

How a Winnipeg artist's dramatic exhibit spurred change

**metroNEWS**



# The ripple effects of sexual abuse

INDIGENOUS ISSUES

## Manitoba legislator shares her story

At eight years old, Nahanni Fontaine remembers waking up with her knees up and her panties down after family members built

a place for her to sleep on the floor while guests were over.

"I couldn't figure out what was going on," she said. "I certainly know I didn't go to bed like that."

Fontaine — now an NDP member of the Manitoba legislature — says she was just five when she was sexually abused for the first time. "I remember that as if it happened just yesterday."

She recalls a drunken guest pushing her body onto a bed on the floor, pulling down her underwear and performing oral sex.

At the age of 12, she was molested again by the same person — only this time, she knew exactly what was happening.

Fontaine — a long-time advocate for missing and murdered

indigenous women — knows her story is far from an isolated case.

The prevalence of abuse, both among victims and perpetrators, is expected to be a key theme in the national public inquiry examining the issue, said Indigenous Affairs Minister Carolyn Bennett.

For Fontaine, who grew up in Winnipeg, abuse also affected members of her family from the

Sagkeeng First Nation in southern Manitoba.

She said her mother, who died of a heroin overdose in Vancouver in the 1990s, was also a victim of abuse who was involved in sex work. "Death was inevitably coming her way," Fontaine said.

Starting at 12, Fontaine struggled with her own substance abuse.

She said she is public about her story, especially in her role as a legislator, because she feels a responsibility to protect children.

"At the end of the day truth is not necessarily the easiest path, it is the only path."

THE CANADIAN PRESS

**More coverage, p. 6**



### RAV4 HYBRID

**Confidence from every angle.**

Introducing Toyota's all-new 360-degree Bird's-Eye-View Camera.\*  
 Learn more at [toyota.ca/birdseyeview](http://toyota.ca/birdseyeview).



**TOYOTA**

\*Cold weather and other environmental factors may limit system. Operates at low speed or when parked. Do not rely exclusively on the system as it is not intended to replace safe attentive operation of the vehicle. You should also look around outside your vehicle, over your shoulder and use your mirrors to confirm clearance.



Up to **32% OFF** *is Back!*

**Plus** Only at **Jim Gauthier** choose your vacation

**GM Jim Gauthier**  
CHEVROLET • CHEVY TRUCKS

NO TIME TO CALL? TEXT US AT 204.813.7702



## CHOOSE YOUR VACATION GETAWAY!

CRUISE GETAWAY | ONE WEEK RESORT GETAWAY | LAS VEGAS GETAWAY  
With any New or Used Vehicle purchase!

### 2016 New Generation CHEVROLET CRUZE

- AC / Auto
- 7" colour screen with Bluetooth
- 4G WIFI
- Power Windows / Locks
- Rear Vision Camera

**\$15,988**

Freight & Fees Included



27% OFF

11 In Stock

### 2016 New Generation CHEVROLET MALIBU



1 AT THIS PRICE

28% OFF

- 16" Aluminum Wheels
- 7" Colour screen with Bluetooth
- Apple/Android Car Play
- 4G WIFI
- Power Windows / Locks
- Air / Tilt / Cruise
- Rear Vision Camera

**\$18,995\***

Freight & Fees Included

### 2016 CHEVROLET COLORADO DOUBLE CAB 4X4

- AC / Auto
- Power Windows / Locks
- Rear Vision Camera
- Tilt / Cruise
- 5 Year/100,000 km Powertrain Warranty

**\$23,995**

Freight & Fees Included



27% OFF

11 In Stock

Shop online 24/7! [www.BigGuyDeals.ca](http://www.BigGuyDeals.ca)

**OVER 200 DISCOUNTED AND CLEARANCE PRICED VEHICLES AT [www.BigGuyDeals.ca](http://www.BigGuyDeals.ca)**

## SPECIAL BUY

### 2016 SILVERADO DOUBLE CAB 4X4

- 5.3L V8
- Chrome Wheels
- Box Liner
- Air / Tilt / Cruise
- Power Windows / Locks / Mirrors
- 5 Year/100,000 km Powertrain Warranty



Stk# T60236

Lease Price **\$29,995\***

Freight & Fees Included

### 2016 CHEVY TRAX LS



Stk# T60840

- 5 year/100,000 km warranty
- 2 years oil changes included
- 5 year Roadside Assistance
- Power locks w/remote entry
- Power windows
- 16" wheels
- Bluetooth
- Air/Auto
- 10 Airbags
- StabilityTrac
- Anti-lock brakes
- OnStar
- Built-in WiFi

**\$17,988\***

Freight & Fees Included

### 2017 CHEVROLET TRAVERSE



Stk# T70065

- 281 HP
- 26 MPG Hwy
- Tows 5200 lbs.
- 8 Passenger
- 17" Wheels
- Bluetooth
- Power Seat
- Keyless Entry
- Rear Air Conditioning

**\$27,988\***

Freight & Fees Included

### 2017 EQUINOX LS



Stk# T60082

- 5 year/100,000 km warranty
- 2 years oil changes included
- 16" wheels
- 5 year Roadside Assistance
- Power locks w/remote entry
- Bluetooth
- Tilt/Cruise
- Power windows
- Traction control
- StabilityTrac
- Anti-lock brakes
- OnStar
- Built-in WiFi

**\$21,995\***

Freight & Fees Included

**Everybody Loves A Gauthier Deal!**



Everyone knows the deals are better on the North Side of the city!

**Jim Gauthier**

McPHILLIPS ST.

Northgate Shopping Centre

**GM Jim Gauthier**  
CHEVROLET • CHEVY TRUCKS

PROUDLY FAMILY OWNED  
**FOR OVER 50 YEARS**



A+ rating



Local **204-697-1400**  
Toll Free **1-800-465-1400**

**1400 McPHILLIPS 1 BLOCK NORTH OF INKSTER**  
**SAVE TIME • SHOP ON-LINE [www.BigGuyDeals.ca](http://www.BigGuyDeals.ca)**

\*All prices plus GST & PST. Prices include fees & freight. All rebates to Dealer. Sale ends November 30, 2016. Dir. #9827.





## Faces of Winnipeg by David Lipnowski



Laura didn't always know she was Métis. From a young age, her parents told her that she was French Canadian. Her father's side is German, and her mother's side is French Canadian. Growing up in the mining community of Flin Flon, Man., she had a feeling that wasn't all to her heritage. While in her 20s, she decided to research her genealogy through the St. Boniface Historical Society. Laura believes her parents kept her true heritage from her for so long to avoid rampant discrimination towards Métis people in her youth. Though she may

have been sheltered from discrimination growing up, she is all too aware of it, even still today in 2016. Though the Métis people have made great strides recently, she says there's still a long road ahead for rights and reconciliation with Canada. These days, living in Winnipeg, her heritage occupies much of her thoughts. Laura is on the ground as an active member of the St. Norbert Parish-La Barrière Métis Council, which forms part of the Manitoba Métis Federation governance structure. She's working to create a stronger community.

**Faces of Winnipeg** This is a new weekly Metro series, to appear in every Monday's edition. In 2013, local photographer David Lipnowski launched his art project, A Portrait a Day, in which he captured everyday Winnipeggers on the city's streets. You could say this series is an extension of that exhibit.

# Remembering the Palomino

DEVELOPMENT

## Demolition crews ready to knock down last of ex-club

**Michelle Bailey**  
For Metro | Winnipeg

As demo crews prepare to tear down what's left of the gutted World Famous Palomino Club, the former owner prefers to reflect on memories rather than focus on bricks and mortar.

"It's been over a year since I announced The Pal was shutting down," said Cary Paul, of the old 1133 Portage Ave. venue. "After 27 great years, it was time. The outpouring of stories and support for this special place were touching and unforgettable."

And that's why Paul isn't really worried if he doesn't salvage even one brick from the building where relationships blossomed and Two-Step Tuesdays were legendary.

"Everything has a life, and to look back on a place that meant so much to so many makes me very happy," he said.

The dance floor has been torn up and the familiar indoor neon signs have relocated to the new Palomino Club on Main Street.

And at 7 a.m. this Monday, wrecking crews will make room for a new 60-unit condo building appropriately named "The Icon."



EdgeCorp Developments Ltd. Chairman Mark Hofer (left) and President Keith Merkel (right) at the site of the old Palomino Club on Portage Avenue on Sunday. DAVID LIPNOWSKI/FOR METRO

Keith Merkel, President of EdgeCorp Developments Limited and the developer in charge of the project said they've already pre-sold 25 per cent of the units.

"We've had great response from people looking to live in what has become a fast-growing area and received very positive

progressed, Merkel said he's been asked for various pieces of the building by those wanting a keepsake of The Pal.

"One person wanted a piece of the dance floor," he laughed. "That doesn't sound too difficult until our crew went to remove the floor and could barely lift it off for all of the sticky drinks

**"To look back on a place that meant so much to so many makes me very happy." Cary Paul**

feedback from local residents when they heard we were building here," Merkel said.

All 60 condos should be move-in ready by November/December 2017. One, two and three-bedroom units are available as well as eight accessible units.

As preparation for demolition

that made its way under the surface over the years."

Merkel said it's ironic he's heading up a project that is replacing a watering hole he too once frequented back in the day.

"That was certainly the place to be after an event at the former Winnipeg Arena."



# RED RIVER FAMILY MEDICAL CENTER

**WALK-INS WELCOME**



**Smith Street location is now accepting new patients.**



724 Ellice Ave  
204.786.4673

139 Carmen Ave  
204.663.7228

286 Smith Street  
204.414.0019

Phone each location for more details on hours.



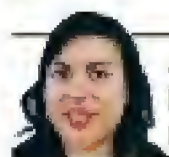


Adams' self-portrait from her Perception series, a 2015 public art exhibit which aimed to challenge racist stereotypes. KC ADAMS/CONTRIBUTED

# Perception artist talks truth, reconciliation and the future

## INTERVIEW

### Artist's dramatic billboards aid police training



Jessica Botelho-Urbanski  
For Metro|Winnipeg

In early 2015, KC Adams' black and white portraits of indigenous people hung around the city on billboards, bus shelters and bulletin boards, demanding our attention.

After witnessing a flurry of racial tension leading up to the 2014 mayoral election, the Winnipeg artist had created the series: Perception.

The twinned photos featured

people scowling and hurt as Adams hurled racial insults at them, then smiling and radiant as she reminded them of happier times.

The models self-selected their own labels on their second portraits: mother, dream chaser, soccer player and taxpayer.

On Tuesday, Adams will discuss the project's impact at a free event at the University of Winnipeg in room 2M70 at 7 p.m.

This interview has been edited and condensed.

#### Perception inspired a great conversation about racism. What kind of personal response did you get?

I started a Perception Facebook page and I really only had one troll to speak of and I guess it really talks to the testament of the work.

The troll had nothing to say about the work — they couldn't break it down, they couldn't destroy it, they couldn't really criticize it, because it really isn't about pointing fingers at people.

It's about labelling and it does it in a way that doesn't point the finger at the viewer. Instead it allows them to join in on the conversation and I think that's why that work was so successful.

#### Do you have plans for a Perception, Round 2? Do you think our city could use a push in that direction?

I think we need to be constantly reminded about our responsibilities on truth and reconciliation and I think the work could potentially... be used as a tool maybe in educational systems.

Interestingly enough, I was contacted in British Columbia by the RCMP training unit where they train their new recruits.

They're using Perception as a tool for training on how

you can't make assumptions. So they chose specific models that looked indigenous... and they basically flashed that picture and they asked the recruits, 'how do you judge this person? What do they look like?'

And then they show them, 'Well, no this person's university-educated.' So you can't judge a book by its cover, right?

So it's really interesting how Perception has been being used as a tool and I've been contacted by schools (to use Perception in classrooms).

#### Winnipeg's mayor Brian Bowman dubbed 2016 the "Year of Reconciliation." Do you feel you've seen the city make strides this year?

I know he has really good advisers by his side and I know he being Métis, he is truly passionate about the indigenous population and trying to create that reconciliation...

I'm not fully aware of all the measures that he's tak-

## + WHERE AND WHEN

More than two years after her Perception series rattled racist assumptions in the city, the artist will be at the University of Winnipeg

Tuesday for Changing Perceptions, a public talk about how her photographs spurred change and what's next for Winnipeg.

ing, but I have met him a couple times and I know that he is actually committed.

I mean, you can't necessarily say that about many politicians across Canada. He's actually committed to it and that's definitely a first step. We're so used to seeing politicians who are closed off from these kind of issues and so it actually is quite refreshing.

#### What will you be talking about at your Tuesday lecture?

I'm going to be talking about Perception and the climate that it was created in. I'm going to be talking a little bit about the Truth and Reconciliation Commission and the

recommendations, calls to action and what we can do.

So many people in the city are under the idea that, 'it wasn't my fault.' Either they say, 'I wasn't alive during that time,' or, 'I didn't know about it, so it's not my fault and I feel we should just move on.'

And part of the calls to action is really about how can we all move on together? How can we take our own personal actions and make change? So part of my talk is going to be about what are we going to do?

Because we can't keep living in this bubble of saying, 'oh, it's not my fault.' We really need to work together and create change.



We can't keep living in this bubble of saying, 'oh, it's not my fault.' We really need to work together and create change. KC Adams





**Norman Barkman (left) and Luke Monias (right)** speak at a press conference at the Manitoba Legislature in November 2015. The two Garden Hill First Nation men were born to Rebecca Barkman and Rosamund Monias and switched at birth. JOHN WOODS/THE CANADIAN PRESS

# Switched-at-birth families seek help

HEALTH

## Likely to ask minister for counselling program

Health Minister Jane Philpott will meet Monday with families involved in two cases where babies were switched at birth at a northern Manitoba hospital in the 1970s, a spokesman for the families says.

Former Manitoba aboriginal affairs minister Eric Robinson, who has worked with the men and their families, said Philpott has agreed to meet with the men as well as their parents and siblings, for three to four hours at a yet-to-be determined location in Winnipeg.

Robinson has called for the meeting with Philpott for months and said he believes the men and their families will be seeking a comprehensive counselling program.

"This is an opportunity for

the minister to hear a first-hand account some of the issues that they're having to deal with — the pain and the anguish," Robinson said in an interview on Saturday.

The two cases involve four men who went home with different parents from the federally run Norway House Indian Hospital in 1975. They went public with the mix-ups in the past year after getting DNA tests.

The first case, involving Luke Monias and Norman Barkman, came to light in November 2015. The second case was revealed in August and involves Leon Swanson and David Tait Jr.

Philpott called the circumstances appalling after the case of Swanson and Tait became public, and said Ottawa is taking steps to set up a third-party investigation. Health Canada also announced it would offer free DNA tests to anyone born at the hospital before 1980.

Last month, the RCMP said it, too, would investigate the cases. Robinson said one of the men

won't be able to attend Monday's meeting due to personal reasons.

He said learning about the switches has been difficult for the men and their families. Some people have told them they shouldn't be complaining because they received good up-brings, he said.

"In some cases, I suppose, they're not coping well, and that is why it is necessary to establish this meeting and we need the federal government to be working with the gentlemen and their families," Robinson said.

Robinson said financial compensation will not be part of the discussion on Monday.

Northern Manitoba MP Niki Ashton said the months it has taken for the minister to meet with the men appears to show the government isn't taking the case as seriously as it ought to.

The NDP MP said more than just redress is needed for the men — the government needs to get to the bottom of what happened. THE CANADIAN PRESS

# Innovators never stop learning.

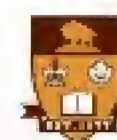
## Move forward.

The professional world is in constant change, and you can change with it. Set your vision on acquiring new skills and knowledge with Extended Education, and move along a path that leads to your goals.

Take a look at our program guide. Discover how the newly CPHR accredited **Human Resource Management** program can help you become a leader in HR.

Register now for January courses at [umextended.ca](http://umextended.ca)

Extended Education



UNIVERSITY  
OF MANITOBA



## TRANSABLE RESEARCH

## The man who sawed his arm off

It's a condition that has driven people to self-amputate limbs and, in extreme cases, commit suicide.

For those who have body integrity identity disorder (BIID), the theory is that the brain's mental map doesn't align with the physical body, said Clive Baldwin, a professor at St. Thomas University in Fredericton, N.B.

Someone with BIID, for example, may feel their right leg should end above their knee, when physically they have a fully functioning leg.

Baldwin, the Canada Research Chair in narrative studies and a professor of social work at the university, has been interviewing people with BIID in the hopes of learning more about their lives and drawing more attention to the little-known condition.

"People with BIID experience their body in a very different way to most," said Baldwin, who has interviewed about 45 people so far from across the world. "This can cause a great deal of distress ... For some it's constantly on their mind."

BIID falls under the umbrella of transableism, which refers to the desire to acquire a disability through choice rather than happenstance. Baldwin said some research has been done on the psychology of BIID, but there is very little research on what it's like to live with the suspected neurological condition.

Baldwin said there's no treatment or cure. BIID isn't even a medically recognized disorder, but many doctors, psychiatrists and academics use it.

Consequently, people with BIID have developed their own coping mechanisms. Some simply bear it. Others act as they have the impairment, like using a wheelchair. One man sawed his arm off. Many go abroad to seek surgeries. THE CANADIAN PRESS



**'OUR CULTURE IS STILL ALIVE'** A five-metre-wide painted wood screen and 37 hand-carved birds are among a collection of artwork returned to a First Nation after more than a century in the Royal B.C. Museum. Huu-ay-aht First Nation is celebrating the repatriation of their cultural treasures.

"We're resilient, we're strong and our culture is still alive," Chief Councillor Robert Dennis Sr. said.

HANDOUT/THE CANADIAN PRESS

# 'That was just my destiny'

## JUSTICE

## Indigenous abuse survivor speaks out ahead of inquiry

Sharon Acoose remembers being groped as a child by an uncle who paid her in pocket change for her trouble — the earliest roots of a life scarred by sex work, drug use and jail time.

Despite the longest of odds, she managed to turn her life around, eventually becoming a professor of social work. Countless others who followed a similar trajectory are no longer alive to tell the tale.

To this day, that same cycle is repeating itself with alarming frequency in indigenous commu-

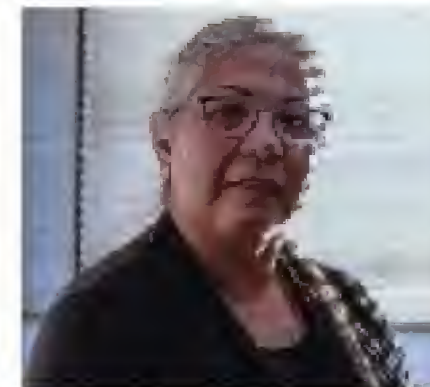
ities across Canada, a Canadian Press investigation has found.

And with its insidious links to suicide, violence and mental health problems, the issue of child sexual abuse is poised to be a key theme in next year's long-anticipated national inquiry into the tragic phenomenon of murdered and missing indigenous women.

Acoose was just three years old and living in Regina when it started — three separate uncles, all of them now dead. The memory later manifested as emotional, spiritual and physical self-punishment, fuelled by the cocktail of drugs and alcohol she used to numb her pain.

"That was just my destiny," she said. "That's exactly why I became what I became, because I grew up bitter, against men."

Indeed, experiences of sexual



**Sharon Acoose managed to turn her life around after she was sexually assaulted, eventually becoming a professor of social work.**

THE CANADIAN PRESS

and physical abuse among indigenous women and girls are so pervasive they are expected to overwhelm next year's national inquiry, where commissioners will examine and report on the systemic causes of the violence.

Hearings are expected to begin in early 2017 and will undoubtedly draw attention from around the globe, said chief commissioner Marion Buller.

In May 2014, the RCMP documented 1,181 murdered and missing women between 1980 and 2012. A year later, it said 32 additional aboriginal women had been murdered and 11 more had disappeared since it first reported on the issue.

The force also cited an "unmistakable connection" between homicide and family violence.

Aboriginal women are vulnerable precisely because they're aboriginal and women, said Dr. Yvonne Boyer, a Canada Research Chair at Manitoba's Brandon University.

Boyer co-authored a report on trafficking of aboriginal women for the Public Safety Department

in May 2014 that noted many of its participants suffered sexual abuse as a child, contributing to a pattern of exploitation that carried on into their adult years.

"I see it as all being on a continuum," she said. "You have children who are abused, you have young teenagers that are abused, they go through life, then it is just normalized behaviour ... some of them, we just don't hear their voices anymore because they're gone."

In her work at the First Nations University of Canada's Saskatoon campus, Acoose finds herself pondering a lingering question: Why wasn't there a national public inquiry 20 years ago?

"I am so fortunate to be able to talk to people and tell my story," Acoose said. "I should have been dead by the time I was 20."

THE CANADIAN PRESS

## HALIFAX

## Distracted student walks into harbour



**Haley Ryan**  
Metro | Halifax

A university student took an icy dip in the Halifax harbour after police say he walked off the wharf while looking at his phone.

Halifax Regional Police got a call about a person falling into the harbour just before noon on Friday, spokesman Const. Phil Power said.

"It was a student that had fallen in the harbour because they weren't paying attention," Power said. "They were distracted and kind of walked off the edge."

Power said the male student was in the water for a "very short" amount of time and was able to climb out of the water with the help of a group of friends.

The student was taken to hospital as a precaution since the water was quite cold, Power said, but was not injured.

## PEACEKEEPING

## Canada can inspire U.S. president-elect: Jean

Stepping up Canadian engagement in multilateralism — including a United Nations peacekeeping mission to Africa — can set an example for the world that even U.S. president-elect Donald Trump might want to follow, says Michaëlle Jean.

"I think Canada as a sovereign country has a very strong voice and we all realize and we can see how Canada wants its voice to be heard again," the secretary-general of the International Organization of la Francophonie said.

"I'm hoping that actually maybe the new president of the United States will see this

as an example with its closest neighbour and will be hopefully inspired by our position — I mean Canada's position — in the world," Jean, the former Canadian governor general, said.

Prime Minister Justin Trudeau travels this week to Antananarivo, Madagascar, where la Francophonie is holding a leaders' summit next weekend. The stop is part of Trudeau's first visit to Africa since his Liberal government came to power last year.

The Liberals have promised a renewed engagement with Africa when it comes to international development assistance.



**Michaëlle Jean hopes Canada can set an example for the world that U.S. president-elect Donald Trump might follow.**

THE CANADIAN PRESS

Canada is the second-largest contributor to la Francophonie and Canadian officials see the summit as an opportunity to discuss the migration and refugee crisis, climate change, gender inequality and how those challenges impact global security.

Where Canada chooses to send up to 600 troops on a UN peacekeeping mission is not expected to be announced this week, but it will be a hot topic in the corridors.

Jean said re-engagement with peacekeeping operations is an important way for Canada to contribute. THE CANADIAN PRESS



# Rescue operation ongoing

KANPUR DISTRICT

## Death toll likely to rise in India train derailment

At least 104 people were killed when 14 coaches of an overnight passenger train rolled off the track in northern India early Sunday, with rescue workers using cutting torches to try to pull out survivors, police said.

Daljeet Chaudhary, a director general of police, said the death toll was likely to rise because rescue workers had yet to gain access to one of the worst-damaged coaches. About 150 people were injured, he said.

The train derailed at around 3:10 a.m., jolting awake passengers who had settled in for the long trip. The bodies were retrieved from mangled coaches that had fallen on their side.

One of the passengers, Satish Kumar, said the train was travelling at normal speed when it stopped suddenly.

"It restarted, and then we



Rescue workers search for survivors in the wreckage of a derailed train near Pukhrayan in Kanpur district on Sunday. AFP/GETTY IMAGES

heard a crash," said Kumar, whose coach remained standing on the track. "When we came out of the train, we saw a few coaches had derailed."

Some of the coaches crumpled when they crashed into others, trapping hundreds of people inside.

The cause of the derailment

was not immediately clear.

Rescue workers, soldiers and members of India's disaster management force pulled 104 bodies from the wreckage, said Chaudhary, inspector-general of police in Uttar Pradesh state.

Rescuers used cutting torches to open the derailed train cars to try to reach those trapped

inside, while cranes were deployed to lift the coaches from the tracks. However, they were moving cautiously because some of the coaches were precariously tilted, and there was a danger of the coach toppling over, possibly injuring those trapped inside.

Medical teams were providing

first aid near the site, while the more seriously injured were moved to hospitals in Kanpur, Chaudhary said. Of the roughly 150 injured, 72 were in serious condition, he said.

The derailment occurred near the village of Pukhrayan, outside of Kanpur, an industrial city about 400 kilometres southeast of New Delhi. The Patna-Indore Express train, linking the central Indian city of Indore to the city of Patna to its northeast, completes its 1,360-kilometre journey in 27 hours.

Prime Minister Narendra Modi expressed his concern over the derailment.

"Anguished beyond words on the loss of lives due to the derailling of the Patna-Indore express. My thoughts are with the bereaved families," Modi posted on his Twitter account.

Accidents are relatively common on India's sprawling rail network, which is the world's third largest, but lacks modern signalling and communication systems. Most crashes are blamed on poor maintenance and human error.

THE ASSOCIATED PRESS

**DONALD DIGEST**  
A roundup of news about the president-elect

### Romney being considered

Mitt Romney is a key contender to become the next secretary of state and retired Marine Corps Gen. James Mattis was an "impressive" prospect for defence secretary, Trump and Mike Pence said Sunday.

### Christie left hanging

Trump says New Jersey Gov. Chris Christie is "a very talented man." But he is not saying if there is a place for him in his administration.

Christie, a former candidate for president, was an early backer of Trump, but was recently demoted as head of Trump's transition effort.

### School trumps White House

Trump says his wife, Melania, and their son, Barron, will move to the White House "right after he finishes school" next year. An aide to the president-elect had suggested the Trumps are reluctant to move their 10-year-old son from New York to Washington during the school year.

### Transgender concerns

Anxiety is high among many transgender Americans after the sweeping Republican election victory. They fear stronger resistance to their push for civil-rights protections, including broader access to public restrooms, and wonder if their newly won right to serve openly in the military is in jeopardy.

THE ASSOCIATED PRESS

LIBYA

## Monkey attack causes tribal clashes; 20 dead

Activists and medics say tribal clashes that erupted in Libya after three young men turned a monkey loose on a high school girl have killed at least 20 people.

The girl's family sought revenge after the monkey scratched and bit her last week, and killed

all three men and the animal.

Bader al-Daheli, a civil activist, said Sunday that the two main tribes in the southern city of Sabha are each backed by armed groups. Sabha hospital said 20 people have been killed and 50 wounded.

THE ASSOCIATED PRESS

MEXICO

## Migrant shelter set upon by vandals

Vandals broke into a shelter, left feces on crosses made by migrant men and trashed other parts of the building. Someone made a threatening call to a priest who helps serve warm meals to recently deported immigrants.

The soup kitchen for deported migrants in the Mexican city of Nogales, on the border with Arizona, has seen a spate of crimes

this year. Its leader says the incidents likely are tied to the centre's growing involvement in helping migrants report crimes.

"We've been robbed before, but we've never had a break-in like that," said the Rev. Sean Carroll, head of the centre known in Spanish as a "comedor." His efforts won Pope Francis' praise last year.

The break-in and vandalism at the Kino Border Initiative-run centre are part of a border-wide problem of drug cartels that see migrant shelters as an impediment to their business because they protect migrants who otherwise could be forced into smuggling drugs or extorted for money to cross into the U.S.

THE ASSOCIATED PRESS



**PARK'N FLY**  
AIRPORT PARKING

Valet Indoor Parking  
820-A Berry St. Winnipeg  
2 minutes from the airport

## Travelling? Park indoors this fall and come home to a warm car!

**NOW OPEN**



**Plus, pay only \$71.47 per week\*. Visit [parknfly.ca](http://parknfly.ca) to get your coupon today!**

\*Valid until November 30, 2016. Savings coupon required. Rate includes tax.



# Trump looms over talks

PERU

## Anti-trade rhetoric shakes up trade agenda

Prime Minister Justin Trudeau and leaders from 20 other Asian and Pacific nations were huddled in closed-door meetings Sunday, trying to come up with a plan to salvage world trade amidst rising anti-globalization sentiments.

Although he is not here at the APEC leaders' summit in Peru, Donald Trump's anti-trade rhetoric has shaken up the agenda of the meeting, particularly his threat to cancel a Pacific Rim trade pact that includes Canada.

At a breakfast meeting, Australian Prime Minister Malcolm Turnbull joked to Trudeau about "big political changes in your neighbourhood." Trudeau nodded and said "that might come up" during the subsequent closed-door session.

The Trans-Pacific Partnership would open up trade among 12 nations encompassing nearly



Prime Minister Justin Trudeau joins other leaders for the traditional "family photo" on the final day of the Asia-Pacific Economic Cooperation (APEC) Summit in Lima on Sunday. AP/GETTY IMAGES

40 per cent of the world's GDP, including Australia, Canada, Mexico, Japan and the United States.

Trump has vowed to pull the U.S. out of the deal, a move that would effectively kill the agreement that U.S. President Barack Obama touted as a counter-

balance to China's growing economic sway in the Asia-Pacific region.

During a closed-door session Saturday with TPP members, Obama urged them not to give up on the deal.

Leaders in the room voiced support for moving ahead with

trade pact if the stars aligned in the coming months, and no country said it was ready to walk away from the agreement, according to international officials who were in the room, but not authorized to speak publicly about the talks.

Obama and Trudeau were

scheduled to meet one-on-one Sunday afternoon as Obama sets to depart his last international summit as president before Trump takes over in January.

Trudeau has had closed-door meetings with world leaders involved in trade deals with Canada during the APEC summit in the Peruvian capital. Foreign Affairs Minister Stéphane Dion and Trade Minister Chrystia Freeland have also met with their counterparts, U.S. congressional staffers and business leaders to tout Canada as a pro-trade government.

Trump's threats to withdraw the United States' from global affairs has opened the door for China and Russia to push an Asian trade deal that would exclude the Americas.

China's president promised delegates at the conference that his country would continue to push for free trade deals in the region, saying countries needed to come closer together instead of being pulled further apart.

Xi Jinping vowed to give foreign investors more access to his country and to create pilot areas to test free trade in China.

THE CANADIAN PRESS

TELECOMMUNICATION

## Regulator dismisses threats

Experts are casting doubt that some major Canadian firms will follow through on threats to stop expanding their broadband networks after the Canadian Radio-television and Telecommunications Commission (CRTC) lowered proposed rates to be charged to smaller rivals accessing their services.

The regulator's decision isn't significant enough to lower the profitability of big telecommunication companies to a point where they change how they spend on network infrastructure building, said Maher Yaghi, an analyst at Desjardins Securities.

"We have not seen, in Canada, telcos retract from making major investments based on CRTC decisions," he noted.

In early October, the CRTC announced interim rates that Bell, Rogers, Telus, SaskTel, Shaw, Cogeco, MTS and Videotron must charge independent service providers (ISPs) to gain access to their faster networks.

For the most part, these rates were lower than those the companies proposed, the CRTC said.

THE CANADIAN PRESS



### LIFE-CHANGING DEBT SOLUTIONS

## "MNP put us on the best route to becoming Debt-Free."



### WINNIPEG OFFICES:

\* Suite 301, 1661 Portage Avenue  
Suite 2500, 201 Portage Ave.  
Unit 5A, 140 Meadowood Drive

\* Resident office

# MNP LTD

FREE CONFIDENTIAL CONSULTATION  
**204.336.6167**

**MNPdebt.ca**

f #DefeatDebt

Licensed Insolvency Trustees



Royal Bank of Canada's former headquarters in Montreal is now a co-working space.

THE CANADIAN PRESS

EMPLOYMENT

## Shared workspace trend growing

One of North America's largest property owners says the growing popularity of shared office spaces can inject youthful energy into traditional office towers and give hope to struggling communities.

"It brings a younger and more millennial-focused workforce into a complex," says Jonathan Pearce at Ivanhoe Cambridge, the real estate subsidiary of Quebec's pension fund manager.

He believes the spaces could also help to alleviate the high vacancy rate in Calgary's real estate market by giving a low-

cost option to new entrepreneurs who are seeking a fresh start after losing their jobs.

Ivanhoe Cambridge has rented space in its Place Ville Marie complex in Montreal's downtown core to WeWork, one of the world's largest co-working providers.

Over the past five years, the strong growth in Montreal's startup tech sector has helped to propel a six-fold increase in the number of new co-working spaces. In addition to modern buildings, chic spaces have opened in a shuttered Royal Bank branch in Old Montreal,

old factories and abandoned churches.

A similar demand surfaced in the United States after the 2008 financial crisis when there was a large surge of independent contractors, flexible workers and small businesses, said Wayne Berger, vice-president of workspace provider Regus Canada. Berger expects the number of co-working style facilities should double in Canada in the next few years to reach about 400 to 500, and surpass 27,000 around the world by 2020.

THE CANADIAN PRESS



**MANITOBA'S BIGGEST  
AUTOMOTIVE CLEARANCE SALE IS ON NOW!**

20 DEALERS, 1,000'S OF VEHICLES, 1 CHANCE  
TO GET YOUR **BEST** DEAL OF THE YEAR!

*Birchwood*  
AUTOMOTIVE GROUP

*9th Annual*  
**YEAR END  
SALE**

Our 9<sup>th</sup> annual Year End Sale is on right now and will continue until December 31<sup>st</sup> at ALL 20 Birchwood Automotive Group Dealerships. Our goal this year is to sell 1,500 vehicles and we're prepared to do whatever it takes to earn your business.

Thousands of customers from previous Year End Sales, found the right vehicle at the right price, and **YOU DESERVE** the same!

**Steve Chipman**

President, Birchwood Automotive Group

  
**GMC**  
Birchwood  
Chevrolet  
204.837.5811

  
Birchwood  
Nissan Brandon  
888.829.3126

  
Birchwood  
Toyota  
204.889.3700

  
Birchwood  
Lexus  
204.255.3987

  
Birchwood  
Hyundai  
204.633.2420

  
Birchwood  
Kia On Regent  
204.667.9993

  
Birchwood  
Ford On Regent  
204.661.9555


  
Birchwood  
Honda On Regent  
204.661.6644

  
MINI  
Winnipeg  
204.897.6464

  
Birchwood  
BMW  
204.452.7799

  
Land Rover  
Winnipeg  
204.452.8030

  
Jaguar  
Winnipeg  
204.452.8030

  
Volvo  
Winnipeg  
204.452.0756

  
Birchwood  
Kia West  
204.888.4542

  
Birchwood  
Honda West  
204.888.2277

  
Birchwood  
Nissan  
204.261.3490

  
Birchwood  
Infiniti  
204.261.3390

Visit us online at  
**BIRCHWOOD.CA**

Worried about your credit? Get pre-approved at  
Birchwood Credit Solutions before you shop at:  
**[birchwood.ca/credit](http://birchwood.ca/credit)**, with three locations city-wide!



# DURING OUR 9TH ANNUAL YEAR END SALE AT BIRCHWOOD, We're prepared to do whatever it takes to earn your business!

**Birchwood**  
AUTOMOTIVE GROUP

## 9th Annual YEAR END SALE



### IT'S OUR BIGGEST SALE OF THE YEAR!

OUR GOAL THIS YEAR IS TO SELL 1,500 VEHICLES BY DECEMBER 31<sup>ST</sup>

Black Friday Event 20% of MSRP Cash Credit on all eligible vehicles. Plus play PLINKO!



**BIRCHWOOD**  
CHEVROLET BUICK GMC  
PH: 204.837.5811  
[BIRCHWOODCHEVROLET.CA](http://BIRCHWOODCHEVROLET.CA)

Lease or finance from 0.99% or save up to \$3,000 on select models



**BIRCHWOOD**  
HONDA ON REGENT  
PH: 204.661.6644  
[HONDAONREGENT.CA](http://HONDAONREGENT.CA)

0% up to 84 months + Holiday Bonus up to \$1,500. No payments for 90 days OAC



**BIRCHWOOD**  
KIA ON REGENT  
PH: 204.667.9993  
[BIRCHWOODKIAONREGENT.CA](http://BIRCHWOODKIAONREGENT.CA)

\$1 Over Invoice Event with savings up to \$18,000 (on F Series), plus spin to win!



**BIRCHWOOD FORD**  
PH: 204.661.9555  
[BIRCHWOODFORD.CA](http://BIRCHWOODFORD.CA)

Lease or finance from 0.99% or save up to \$3,000 on select models



**BIRCHWOOD**  
HONDA WEST  
PH: 204.888.2277  
[BIRCHWOODHONDAWEST.CA](http://BIRCHWOODHONDAWEST.CA)

0% up to 84 months or save over \$16,000 on select 2016 Nissan models



**BIRCHWOOD**  
NISSAN  
PH: 204.261.3490  
[BIRCHWOODNISSAN.CA](http://BIRCHWOODNISSAN.CA)

Holiday Bonus up to \$1,500 + No-Charge Winter Tires & Remote Start



**BIRCHWOOD**  
KIA WEST  
PH: 204.888.4542  
[BIRCHWOODKIAWEST.CA](http://BIRCHWOODKIAWEST.CA)

Rates from 0% up to 84 months, or save up to \$4,555 on select models



**BIRCHWOOD**  
HYUNDAI  
PH: 204.633.2420  
[BIRCHWOODHYUNDAI.CA](http://BIRCHWOODHYUNDAI.CA)

Rates from 0% or save up to \$4,000 on select 2016 Toyota models



**BIRCHWOOD**  
TOYOTA  
PH: 204.889.3700  
[BIRCHWOODTOYOTA.CA](http://BIRCHWOODTOYOTA.CA)

Lease from 1.9% or save up to \$6,000 on select 2016 Lexus models



**BIRCHWOOD**  
LEXUS  
PH: 204.25.LEXUS (53987)  
[BIRCHWOODLEXUS.COM](http://BIRCHWOODLEXUS.COM)

Save up to \$9,000 in cash credits on select 2016 Infiniti models



**BIRCHWOOD**  
INFINITI  
PH: 204.261.3390  
[BIRCHWOODINFINITI.CA](http://BIRCHWOODINFINITI.CA)

Rates from 0.9% or save over \$12,000 on select 2016 BMW models



**BIRCHWOOD**  
BMW  
PH: 204.452.7799  
[BIRCHWOODBMW.CA](http://BIRCHWOODBMW.CA)

Rates from 0.9% or save up to \$5,000 on select 2016 MINI models



**MINI**  
WINNIPEG  
PH: 204.897.6484  
[WINNIPEGMINI.CA](http://WINNIPEGMINI.CA)

Rates from 0.9% or save up to \$15,000 on select 2016 Jaguar Land Rover models



**JAGUAR**  
LAND ROVER  
WINNIPEG  
PH: 204.452.8030  
[JAGUARLANDROVERWINNIPEG.CA](http://JAGUARLANDROVERWINNIPEG.CA)

Save up to \$4,000 plus earn up to 100,000 Aeroplan miles



**VOLVO**  
WINNIPEG  
PH: 204.452.0756  
[VOLVOWINNIPEG.CA](http://VOLVOWINNIPEG.CA)

0% up to 84 months or save up to \$16,000 on select 2016 Nissan models



**BIRCHWOOD**  
NISSAN BRANDON  
PH: 888.829.3126  
[BRANDONNISSAN.CA](http://BRANDONNISSAN.CA)

Get pre-approved at Birchwood Credit Solutions before you shop at [birchwood.ca/credit](http://birchwood.ca/credit) with three locations city-wide!

## VISIT US ONLINE AT **BIRCHWOOD.CA**

\*Offers available on select models. All payments and prices are plus PST & GST, on approved credit where applicable. Some conditions may apply. See [birchwood.ca](http://birchwood.ca) or in-store for details. While supplies last. Dealer permit #9405



The 9th Annual Year End Sale is on now at all 20 Birchwood Dealers  
**Find special offers online at [birchwood.ca](http://birchwood.ca)**



**Birchwood**  
 AUTOMOTIVE GROUP

# 9th Annual YEAR END SALE

Our goal this year is to sell 1,500 vehicles and we're prepared to do whatever it takes to earn your business!



**2010 CHEVROLET EQUINOX 1LT**  
 SR AT AC CC CD PWLM  
**NOW: \$9,899**  
 BIRCHWOOD.CA  
 STOCK #F4A78



**2010 CHEVY MALIBU**  
 LT, PLATINUM EDITION, 89KM  
**NOW: \$9,950**  
 BIRCHWOOD.CA  
 STOCK #T321506A



**2009 DODGE JOURNEY**  
 SXT 7 PASSENGER, REAR HEAT/AIR  
**NOW: \$9,992**  
 BIRCHWOOD.CA  
 STOCK #FVGA



**2012 FORD FOCUS SE**  
 AT AC CC CD PWLM  
**NOW: \$9,999**  
 BIRCHWOOD.CA  
 STOCK #BU6255A



**2005 HONDA ODYSSEY**  
 EX, Power sliding doors  
**NOW: \$10,912**  
 BIRCHWOOD.CA  
 STOCK #Y17036A



**2013 FORD FOCUS**  
 SE 5DOOR, REMOTE START, PWLM  
**NOW: \$11,992**  
 BIRCHWOOD.CA  
 STOCK #F4Y7X



**2013 HYUNDAI ELANTRA**  
 GL, Heated Seats, Bluetooth  
**NOW: \$12,498**  
 BIRCHWOOD.CA  
 STOCK #YU041



**2013 NISSAN SENTRA**  
 SR, AUTO, ALLOYS, PWLM, CD/MP3  
**NOW: \$12,992**  
 BIRCHWOOD.CA  
 STOCK #F4E5E



**2012 DODGE JOURNEY CVP**  
 LOW KMS!!! Local, Spacious  
**NOW: \$12,998**  
 BIRCHWOOD.CA  
 STOCK #K17066A



**2013 HYUNDAI ELANTRA GT**  
 GLS, Sunroof, Heated Seats  
**NOW: \$13,297**  
 BIRCHWOOD.CA  
 STOCK #YU052



**2012 HONDA CIVIC LX**  
 Power Heated Mirrors, Bluetooth  
**NOW: \$13,976**  
 BIRCHWOOD.CA  
 STOCK #F565H



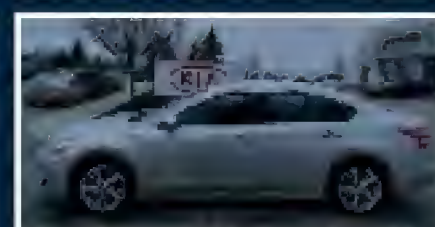
**2013 HYUNDAI SONATA**  
 GLS, Sunroof, Heated Seats  
**NOW: \$14,798**  
 BIRCHWOOD.CA  
 STOCK #YU046



**2011 CHEVROLET CAMARO**  
 1LS, V6, 6-SPEED, 57KM  
**NOW: \$14,880**  
 BIRCHWOOD.CA  
 STOCK #F6B36



**2015 CHEVY CRUZE**  
 LT  
**NOW: \$14,900**  
 BIRCHWOOD.CA  
 STOCK #F6P5B



**2013 NISSAN ALTIMA**  
 SL, CVT, AUTO, ALLOYS, PWLM  
**NOW: \$14,992**  
 BIRCHWOOD.CA  
 STOCK #F25C7



**2012 CHEVROLET EQUINOX 2LT**  
 AWD, Bluetooth, Sunroof\*  
**NOW: \$14,996**  
 BIRCHWOOD.CA  
 STOCK #F6FV5



**2011 GMC ACADIA**  
 SLE- ROOM FOR EIGHT!  
**NOW: \$15,492**  
 BIRCHWOOD.CA  
 STOCK #F4S2H



**2008 CHEVROLET COLORADO LT**  
 4x4, Crew Cab, Tonneau Cover  
**NOW: \$15,887**  
 BIRCHWOOD.CA  
 STOCK #F4MM5



**2011 HONDA CR-V**  
 4WD 5DR LX  
**NOW: \$15,923**  
 BIRCHWOOD.CA  
 STOCK #4840A



**2012 GMC TERRAIN SLE**  
 AT AC CC CD PWLM  
**NOW: \$15,977**  
 BIRCHWOOD.CA  
 STOCK #F63P3

**Browse all our inventory at: [birchwood.ca](http://birchwood.ca)**

All prices plus PST & GST. Vehicles available at time of printing, see [birchwood.ca](http://birchwood.ca) for current inventory and details, Dealer Permit # 9405





## URBAN ETIQUETTE ELLEN VANSTONE



**THE QUESTION**  
**I think that fine-art events are appropriate for first dates. My female friends disagree. Do you?**

Dear Ellen,

I am wondering if you can settle an etiquette controversy among my female friends. I think it's fine to suggest a somewhat challenging piece of theatre (or similar cultural event) on a first date. But when I asked my girlfriends by text, their answers included, "That's more of a third date activity," "You probably wouldn't like it if a guy invited you to participate in his really niche hobby," and "Does it have to be a test? It's his free time!"

I don't think theatre (or fine art in general) is niche. Anyone can attend and get something out of it. Plus, I think if your date is not game to even give it a try, or is dismissive about its value — well, that tells you a lot about them. Which is exactly what you want from a first date.

Who is right?

Signed,

Dating Dilemma

Dear DD,

There is nothing wrong with suggesting theatre, opera, or any other high-culture event for a first-date activity. Etiquette standards will be met as long as you show up clean, on time, and sensitive to any potential problems specific to your first-date mate.

For example: if he's a starving artist, you should

**If you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.**



Ari Castillo

probably pay for expensive ballet or opera tickets yourself. If he's an author locked in a bitter rivalry with another writer, do not suggest going to that other writer's book launch. If the "challenging piece of theatre" involves climbing up fire escapes to follow actors cavorting in an operational abattoir, make sure he's not a vegetarian and doesn't have mobility issues.

Otherwise, I tend to agree with you that there's nothing wrong with springing your "niche" interests on him the first time you go out. As an impatient person who also has experience in the futility of trying to hide my true

self from others, I guarantee you will save time by revealing your passions and interests right at the get-go.

It doesn't mean he fails the "test" if he doesn't share those passions and interests. But, if you're going to have any future together at all, he should be open to them, and you. If he thinks you're a giant weirdo for suggesting a symphony outing or poetry slam, you just saved yourself from an excruciating evening with someone who's afraid of trying something new. And you've avoided several exhausting fake dates of pretending not to be who you really are.

Keep in mind that you should also be open to suggestions about his niche interests. The Great Edmonton Model Train Show might not be your first choice of a weekend outing. But if you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.

And if he suggests something like hunting endangered species with an assault rifle, you can rest assured he's the giant weirdo, respectfully decline, and move on to your next dating prospect.

**Need advice?**  
**Email Ellen:**  
 scene@metronews.ca

## VICKY MOCHAMA

**What makes financial advice writers think my parents have money?**

Having started a new job, I'm immediately planning my retirement. I thought I'd see what the best money columns advise millennials to do.

Here's what I found out: Ask your parents. If not to sign their house over to you outright, then to at least give you a down payment for a house.

For some, this is a distinct possibility. A CIBC report from June said that over the next 20 years, the largest ever intergenerational wealth transfer will occur. Boomers aged between 50 and 75 will inherit nearly a trillion dollars from their parents.

I spoke to CIBC deputy chief economist Benjamin Tal who said that most of that money is being transferred from parents with money to their already enriched kids.

So the columns might be onto something, but "wait for your rich parents to pass on their dead rich parents' money" is hardly advice I can take.

Nonetheless, with a trillion dollars looming, it's no surprise that the financial papers aren't concerned with parents like mine who don't have parental money to wait for or to pass on: Their mothers aren't rural Kenyan women.

My parents came to Canada as graduate students who dabbled in precarious work with four kids in tow.

The inherited wealth in my family consists mostly of passion for dark teas.

They're not paupers. In the intervening decades, they've been able to buy a house and assist a couple of us kids with some tuition payments. But I don't plan my finances and my future with my parents' money in mind.

Many in my generation do, I've come to realize. I've recently noticed that gifted down payments, paid-off credit cards, and subsidized (read: free) vacations are not unheard of among friends and acquaintances.

By these means, Tal speculates, wealth is actually skipping a generation: Rather than keeping inherited money for themselves, well-off parents are passing it down to their kids.

This is especially true among families who are deeply rooted in Canada and among whom there's an expectation — often quietly expressed — that some kind of large sum will be transferred from parent to child.

With this in mind, I reached out to my parents for comment. They did not respond. Initially. When pressed, they were surprisingly on board. Their offer required me to move back home and I wouldn't even get the house put in my name.

So we'll see.

**metr**   
 Your essential daily news

CHIEF OPERATING OFFICER, PRINT  
**Sandy MacLeod**

VICE PRESIDENT & EDITOR  
**Cathrin Bradbury**

EXECUTIVE VICE PRESIDENT,  
 REGIONAL SALES  
**Steve Shroat**

MANAGING EDITOR WINNIPEG  
**Lucy Scholey**

ADVERTISER INQUIRIES  
 adinfo@metronews.ca  
 General phone 204-943-9300

FREE TO SHARE 

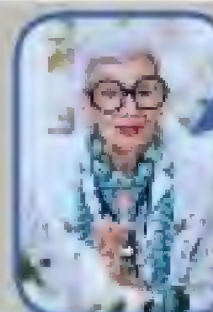
**PHILOSOPHER CAT**  
 by Jason Logan

THERE IS NOTHING MORE DEMORALIZING THAN A SMALL BUT ADEQUATE INCOME.



Philosopher cat now at  
 www.mymetrestore.ca





# Take a little time for yourself

## YOU CARE TOO MUCH

### Self-care book focuses on gender equality, coping methods

Self-care is skin care, self-care is yoga, a bubble bath, a nap, a massage, a healthy snack, something to brag about.

It's also a buzzword and, in the age of social media, can be a competition, a matter of keeping up appearances.

For Toronto's Erin Klassen, 32, self-care started to seem oversimplified, just "something else you have to be good at."

"There are bad things to cut out — stop using your phone, don't go on social media, don't drink too much — or good things to do more of. Do yoga, eat your superfoods, take 'me time.' But what happens when things are more complicated than that?"

That question led her to solicit submissions from women in her extended peer circle for what became the edited volume *You Care Too Much: Creative Women on the Question of Self Care*, released this month by indie publisher With/Out Pretend, which Klassen founded. (Spoiler alert: there is no easy answer.)

The women, 17 in all, contributed written and visual meditations on self-care in the context of: historical Jewish trauma, miscarriage, women's relationships to their bodies and to food, race and identity, love, blackness, abuse, feminism, "otherness" and mental health, death, friendship,

softness in the face of loss, devotion, the home, beauty regimens, sex, transformation, Inuit heritage, even crime.

If there is a consistent theme, it's the concept of coping, said Klassen.

Self-care is particularly important today, Klassen said, in

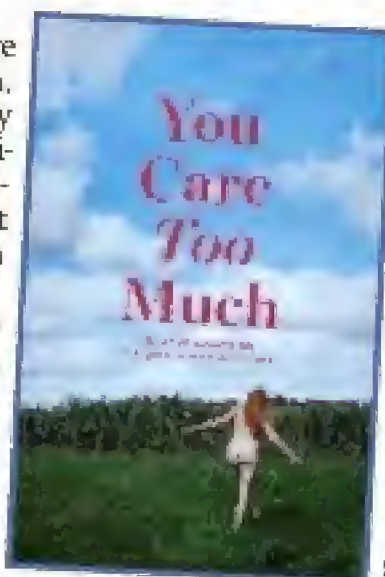
the wake of the recent U.S. election — one that saw millions of voters choose Donald Trump for their president despite his verbal attacks on women, people of colour, immigrants and many others during the campaign, not to mention a leaked tape in which he admitted to grabbing women without consent.

"This election has really been about connection or the lack of connection, the divisive nature of the two sides and two ways of thinking. It makes people feel really alone," Klassen said.

The act of putting together the book helped create a sense of togetherness among the contributors, she said. At times, "it felt like group therapy."

Multiple websites and news organizations have published guides to self-care, updated in the days following the Nov. 8 election. Many noted that self-care is essential for enduring political activism.

And when it comes to the politics of the home, self-care is a matter of gender equality



since women remain the primary caregivers in many families and don't get the same time to themselves as men might enjoy, according to the Canadian Women's Foundation.

Klassen watched her mother turn herself inside out trying to please everyone.

"By my mid-teens she had reached her capacity for giving

herself away, as she had done for everyone in her world for so many years, without speaking up to ask for the things she needed to feel whole," Klassen wrote in her introduction. She also penned a short story for the book.

Toronto photographer Angela Lewis initially thought of a series of images showing different women in facial masks. Then she switched tracks, deciding to mine the experience of watching her mom care for her own mother, Lewis' aging and recently widowed Nonna.

For the past year, Lewis' mom has been driving to Toronto from Port Dover on weekends to help her ailing mother, an emotionally taxing routine.

"I was going to my Nonna's to support my mom, but in that I was giving up my own self-care."

Taking photos and finding beauty in the situation helped, said Lewis, who contributed other photographs throughout the volume.

TORSTAR NEWS SERVICE



Writer and publisher Erin Klassen says self-care is particularly important in the wake of the recent U.S. election and its divisive nature. Putting together her book, *You Care Too Much*, helped create a sense of togetherness among the contributors, she says. TORSTAR NEWS SERVICE

# RECYCLE SOMETHING NEW

Plastic bags are recyclable, just not in your blue bin.



**MMSM**  
Multi-Material  
Stewardship Manitoba  
INDUSTRY FUNDING RECYCLING

#KnowYourRecyclables

Drop them off at any designated location listed on [simplyrecycle.ca](http://simplyrecycle.ca)



# Remembering those who survived

BOSTON MARATHON

## Documentary speaks to the resiliency of the victims

**Steve Gow**  
For Metro Canada



Now that Donald Trump will be America's next President, Ricki Stern and Annie Sundberg's documentary *Marathon: The Patriots Day Bombing* has unexpectedly adopted an extra layer of poignancy.

"It was already going to be relevant because unfortunately we've seen these attacks in the past year — not just here but internationally," said Stern recently, paralleling the film's central terrorist strike with the xenophobic and racist acts that have sprouted up since the US election on Nov. 8.

"But we think that (there's a) message that can come out of it — the resiliency, the human spirit, this pulling together and loving each other and not becoming xenophobic or

anti-Muslim."

An impassioned exploration of the Boston Marathon bombing that took three lives and injured more than 250 others, Stern and Sundberg's movie (which premieres Monday on HBO Canada) aimed to avoid lionizing the homegrown extremists and instead investigate an inspirational aspect to the 2013 tragedy.

"There has been, at least in the United States, this unfortunate celebrity of the perpetrators — we remember their names, we talk about them — but we don't remember the survivors," said Stern. "Our unique angle was to get in very intimately with the survivors (because) that universal suffering that they've gone through and demonstrating how we can persevere and overcome is something we all go through in our lives."

As such, the film introduces several victims who were gravely wounded in the blast and have since struggled with physical and emotional challenges — even as they cope with the politics of terrorism.

"I think what was surprising to us was their mental fortitude," said Sundberg.



**Celeste Corcoran, who lost both her legs in the marathon bombing, changes the bandages on her daughter Sydney's injured foot. The 18-year-old, who is getting ready for her High School senior prom, was also hurt in the bombing.** BOSTON GLOBE STAFF PHOTO BY JOHN TLUMACKI

"There's very little good that you could say can come out of a terrorist bombing but even J.P. (Norden, who had burns over 50 per cent of his body) will talk about how that experience gave him a more considered approach to his life."

The filmmakers hope the survivors' renewed perspective also gives audiences a lift after a very divisive election. If a recent screening is any example, it seems to be working.

"I just got several emails

from the New York crowd who saw it and they're like, its so good to be an American again," laughed Sundberg. "I think people looked at this film and thought it speaks to the best of what you could be as a human being."

## TELEVISION

### A Marriage in movies

For a decade, Sundberg and Stern have been making award-winning documentaries together on everything from comic legend Joan Rivers to the Darfur genocide.

"That's a whole other long conversation," said Sundberg on what makes their partnership tick. "We're both so incredibly independent but also like the process of working together — that shared sense of give and take."

### More On Boston

There are other movies in production exploring the Boston Marathon Bombing — most notably the forthcoming drama *Patriot's Day* starring Mark Wahlberg.

"This community was trying to survive this horrific terrorist attack and find out who did this and pick up the pieces," said filmmaker Peter Berg.

STEVE GOW/FOR METRO

## HEADLINE COFFEE

### Subscribe to great coffee every month

Wake up to brighter mornings and better coffee. At Headline Coffee we curate Fairtrade certified coffee from around the world and ship it, freshly roasted, to your doorstep.

### Introductory offer

Subscribe at [headlinecoffee.ca](http://headlinecoffee.ca)  
Use promo code METRO10 to receive your first month for \$10.

## How it works



### 1. Discover

We scour the globe to find amazing coffee from trusted, Fairtrade producers so you can discover an exciting new taste each month.



### 2. Receive

340 g of Headline Coffee is delivered to your door once a month, freshly roasted and ready to enjoy. And, we'll always make sure you know what's coming up next.



### 3. Savour

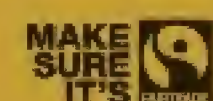
Each shipment comes with tasting notes, brewing guides and producer profiles to help you get the most out of every cup.

### DECEMBER'S COFFEE

## HONDURAN CAFÉ SOLAR

From the mountainous Yoro region of Honduras comes this smooth citrusy roast. A medium-body blend, Café Solar coffee is lively and bright, and you'll notice subtle hints of toasted caramel for a sweet, well-balanced flavour.

Order by December 1 at [headlinecoffee.ca](http://headlinecoffee.ca) to receive this coffee!







YOU CAN DO THIS VETERINARY TECHNICIAN

# A lifelong passion for animals

## WHY I LIKE MY JOB

**Brad Jacobs, 24, Registered Veterinary Technician with the Animal Hospital of Cambridge**

Growing up I always had a strong passion for animals, which was definitely reflected in my family home. When one of my family dogs fell ill, I wish I knew then what I know now about animal medicine and what I could have done to make him feel more comfortable. Every day I think back to that and strive to do my best for every animal that comes into The Animal Hospital of Cambridge.

As a veterinary technician, I play many roles — from starting consultations for the veterinarians to monitoring patient vitals during surgical procedures (and when I say patient, I mainly mean cats and dogs). Knowing that there are ways to prevent certain diseases through proper nutrition, annual wellness examinations and blood work, I always try to reflect on my history and make recommendations to pet owners to help their furry loved ones live long and healthy lives.



Although I currently hold a veterinary technician diploma from Algonquin College, I am driven to furthering my education in animal nutrition — whether it's improving my knowledge of the fundamentals of

nutrition or studying the clinical effects of certain diets. When a client can see that their pet's condition has greatly improved after a few changes to their daily habits, I feel that I have accomplished my goal.

## THE BASICS: Veterinary Technician

# \$40,317

Median annual salary for a veterinary technician. An experienced professional with five or more years of experience can earn anywhere from **\$48,000 to \$55,000** annually.

# +13%

Projected job growth rate over the next eight years.

Data for this feature was provided by [payscale.com](http://payscale.com), [ontariocolleges.ca](http://ontariocolleges.ca), [canadianveterinarians.net](http://canadianveterinarians.net), [jobbank.gc.ca](http://jobbank.gc.ca) and [onetonline.org](http://onetonline.org)

## HOW TO START

Aspiring veterinary technicians will find college diploma programs — many of which offer on-campus veterinary medical facilities to work directly with animals. Students are trained in a range of areas, including animal nutrition, parasitology, surgical techniques and animal behaviour. Program graduates may write a national exam to join The Registered Veterinary Technologists and Technicians of Canada (RVTTC). Each province may have specific qualifications and conditions for certification.

## WHERE YOU CAN GO

Veterinary technicians are encouraged to master areas of the field they're interested in. These include animal nutrition, animal behaviour, equine health, emergency and critical care, and dental services. Vet techs are likely to find work with mixed animal clinics, humane societies, animal farms, zoos and international organizations specializing in wildlife health and preservation.

## NEXT CAREER STEP

Registered veterinary technicians are required to participate in an assortment of annual workshops to maintain their certification. Professionals seeking additional growth may opt to pursue veterinary office management. Advancing to the role of licensed veterinarian would require a doctor of veterinary medicine degree.

I NEED:

PROGRAMS WITH GREAT CAREER POTENTIAL.

## Explore Your Options at Robertson College.

With career-focused Business, Health Care and IT programs that are driven by the needs of employers, Robertson College can get you on the right track to your brighter future. Whether it be flexible class times, a customized financial plan or an on-campus or online learning experience, explore your options at Robertson College.

**ROBERTSON  
COLLEGE**
**ROBERTSON  
COLLEGE**

Morning Afternoon, Evening Weekend & Online  
204.943.5661 | [robertsoncollege.com](http://robertsoncollege.com)



# RECYCLE SOMETHING NEW

Plastic bags can be  
made into dozens of  
useful new products.



  
**MMSM**  
Multi-Material  
Stewardship Manitoba  
INDUSTRY FUNDING RECYCLING

**#KnowYourRecyclables**

Drop them off at any  
designated location listed  
on [simplyrecycle.ca](http://simplyrecycle.ca)





"I'm very impressed, to be honest": Helio Castroneves likes what he's seen from Canadian IndyCar driver James Hinchcliffe on Dancing with the Stars

## Jets yet to take off on 5-game road trip

NHL

### Winnipeg 0-3 after loss to Carolina

Carolina's kids have the Hurricanes rolling, and now they get to take the show on the road.

Victor Rask got his eighth goal of the season and Noah Hanifin scored his first, helping the Hurricanes beat the Winnipeg Jets 3-1 on Sunday night for their fourth straight win.

The 23-year-old Rask was the oldest of Carolina's goal-scorers in this one, backed by the 19-year-old Hanifin and 21-year-old Elias Lindholm.

All but one of the Hurricanes' 12 goals during this winning streak have been scored by players 24 or younger. The stretch has helped Carolina find its footing after a 3-6-4 start to the season.

"It's a great bunch of guys," said goalie Cam Ward, who is the fourth-oldest player for Carolina at 32. "It's a fun group. It's an exciting group. There is a lot of potential in this locker-room. It's great to see us putting it together. Guys want to score goals."

Carolina finished this home-stand 4-1-0 and now starts a three-game swing through Canada.

Lindholm also got his first goal this season in the first per-



Victor Rask, left, of the Hurricanes shoots and scores past the Jets' Blake Wheeler and goalie Connor Hellebuyck on Sunday in Raleigh, N.C. KARL B. DEBLAKER/THE ASSOCIATED PRESS

#### SUNDAY At Carolina

3	1
CANES	JETS

iod, and the Hurricanes kept up the pressure from there, challenging goalie Connor Hellebuyck with 40 shots.

"We got the first one early," Lindholm said. "Hopefully for me, it will build some more confidence. I turned down some opportunities in the last two games and didn't believe in

myself and my shot. Hopefully now I can get some more and take some more."

Carolina's young legs took advantage of the Jets in the third period after Winnipeg played the night before, a 4-1 loss in Boston. It was the third game — all losses — of a five-game trip.

"It's going to be big to get a couple of days between games," captain Blake Wheeler said. "It's been a pretty big grind, one like I've never experienced before. We're a tired hockey team, there's no question about that. But we've got a group that can fight through it. We just need

to get our rest."

Winnipeg's next game is on Wednesday.

Rask made it 2-0 on a power play early in the third, and after Mark Scheifele got his 11th goal for the Jets, Hanifin put it away with a power-play score with 1:43 left.

Carolina was perfect on the penalty kill for the ninth straight game. It killed three penalties Sunday and leads the NHL with a 91.3 per cent success rate, including 19 straight. The Hurricanes have allowed only four power-play goals, killing off 42 of 46 tries. THE ASSOCIATED PRESS



Redblacks receiver Greg Ellingson makes a snow angel near the Edmonton end zone in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

CFL PLAYOFFS

## Redblacks earn Grey Cup do-over

Kienan Lafrance put the Ottawa Redblacks on his shoulders Sunday.

The sophomore running back came off the bench to run for 157 yards and a key touchdown to earn Ottawa an exciting 35-23 win over Edmonton in a snowy, windy East Division final. The Redblacks, who lost the 2015 Grey Cup 26-20 to the Eskimos, will face the Calgary Stampeders in this year's game on Sunday at BMO Field in Toronto.

Ottawa seemed headed to a comfortable win after surging to a 25-3 lead in the third quarter on Tristan Jackson's 75-yard punt return TD and Patrick Lavoie's two-point convert. But Mike Reilly, who threw for 340 yards, rallied the Eskimos with three TD strikes, including a 57-yard pass to Adarius Bowman that cut the Redblacks' lead to 28-23 with 3:15 remaining.

That put the onus on Ottawa's offence to try and run out the clock. But Lafrance, the Winnipegger who replaced injured starter Moses Madu (upper-body injury) in the first half, took it a step further, scoring on a 20-yard run with 45 seconds left that capped an eight-play, 70-yard drive and cemented the win.

"Before our final drive, (of-

EAST FINAL In Ottawa

35	23
R	E

fensive co-ordinator Jamie Elizondo) got the offence together and said, 'If we call ourselves the best offence, which I know we are, we will run this clock down and we will take a knee and finish this game out.'" said Ottawa quarterback Henry Burris. "And then Kienan stepped in and said, 'Guys, give me the hole. This is why I'm here, I'm here to get us to the Cup and win the Cup.'"

"He's a Manitoba Bison so if there's anybody used to running in these conditions, it's a guy from Manitoba. I'm pretty sure a lot of fantasy football owners are upset they didn't have Kienan Lafrance this week because he did a heck of a job."

Lafrance, a 2015 sixth-round draft pick had run for 163 career yards before Sunday.

THE CANADIAN PRESS

#### IN BRIEF

**Hughes unable to clinch**  
Canadian Mackenzie Hughes was the third player to have a putt to win the RSM Classic Sunday.

He missed, and four players will have to return Monday morning to finish the playoff in St. Simons Island, Ga. THE ASSOCIATED PRESS

#### Murray clinches No. 1 spot

Andy Murray earned the year-end No. 1 ranking and his first title at the ATP finals Sunday, beating Novak Djokovic 6-3, 6-4.

THE ASSOCIATED PRESS

#### Another Sprint Cup title puts Johnson in elite company

Jimmie Johnson won his seventh NASCAR championship on Sunday night in Homestead Fla.

The win ties Johnson with Dale Earnhardt and Richard Petty in the NASCAR record books. THE ASSOCIATED PRESS

#### Blue Jackets roll in D.C.

Alexander Wennberg's goal with 53.6 seconds remaining gave the Columbus Blue Jackets their fourth straight win, 3-2 over the Washington Capitals. THE ASSOCIATED PRESS

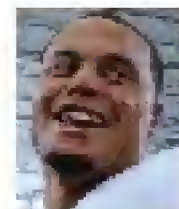
NFL

## 'Amazing' Dak gets Dez in on the act

New backup, same result for rookie quarterback Dak Prescott and the Dallas Cowboys.

Prescott threw three touchdown passes, two to Dez Bryant, in the first game with Tony Romo as his backup, and the Cowboys set a franchise regular-season record with their ninth straight win, beating the Baltimore Ravens 27-17 on Sunday.

The Cowboys (9-1) punted on their first four possessions — a first this season — against the NFL's No. 1 defence. But Prescott



Dak Prescott  
GETTY IMAGES

completed 14 of 15 in the second half and led consecutive drives of 92 and 88 yards after halftime to break a 10-10 tie.

Both drives ended with TD passes to Bryant.

"Like I said before, the guy's amazing," said Bryant, who had six catches for 80 yards.

"We're going to follow that guy." THE ASSOCIATED PRESS

#### WEST FINAL IN CALGARY

■ The Stampeders head to the Grey Cup the heavy favourite after thumping the B.C. Lions 42-15 in Sunday's West Division final in Calgary.

■ The Stamps (15-2-1) and Lions (12-6) had the CFL's best records, but Calgary

controlled from kickoff.

■ Calgary pivot Bo Levi Mitchell, pictured, threw touchdown passes to Marquay McDaniels, DaVaris Daniels and Lemar Durant, plus a two-point convert throw to Kamar Jorden.



TODD KOROL/THE CANADIAN PRESS



# RECIPE Cornbread Topped Chili



PHOTO: MAYA VISNIE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Chili with cornbread is a classic combo, so we decided to create a meal that brings them together.

## Ready in 40 minutes

Prep time: 20 minutes  
Cook time: 20 minutes  
Serves 6

## Ingredients

- 1 Tbsp olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 Tbsp chili powder
- 1 lb ground beef
- 1 x 28 oz canned tomatoes
- 1 x 14 oz canned kidney beans
- salt and pepper to taste
- 1/2 cup flour
- 1 Tbsp sugar
- 1/2 cup fine cornmeal
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2/3 cup buttermilk
- 1/4 cup vegetable oil
- 1 egg

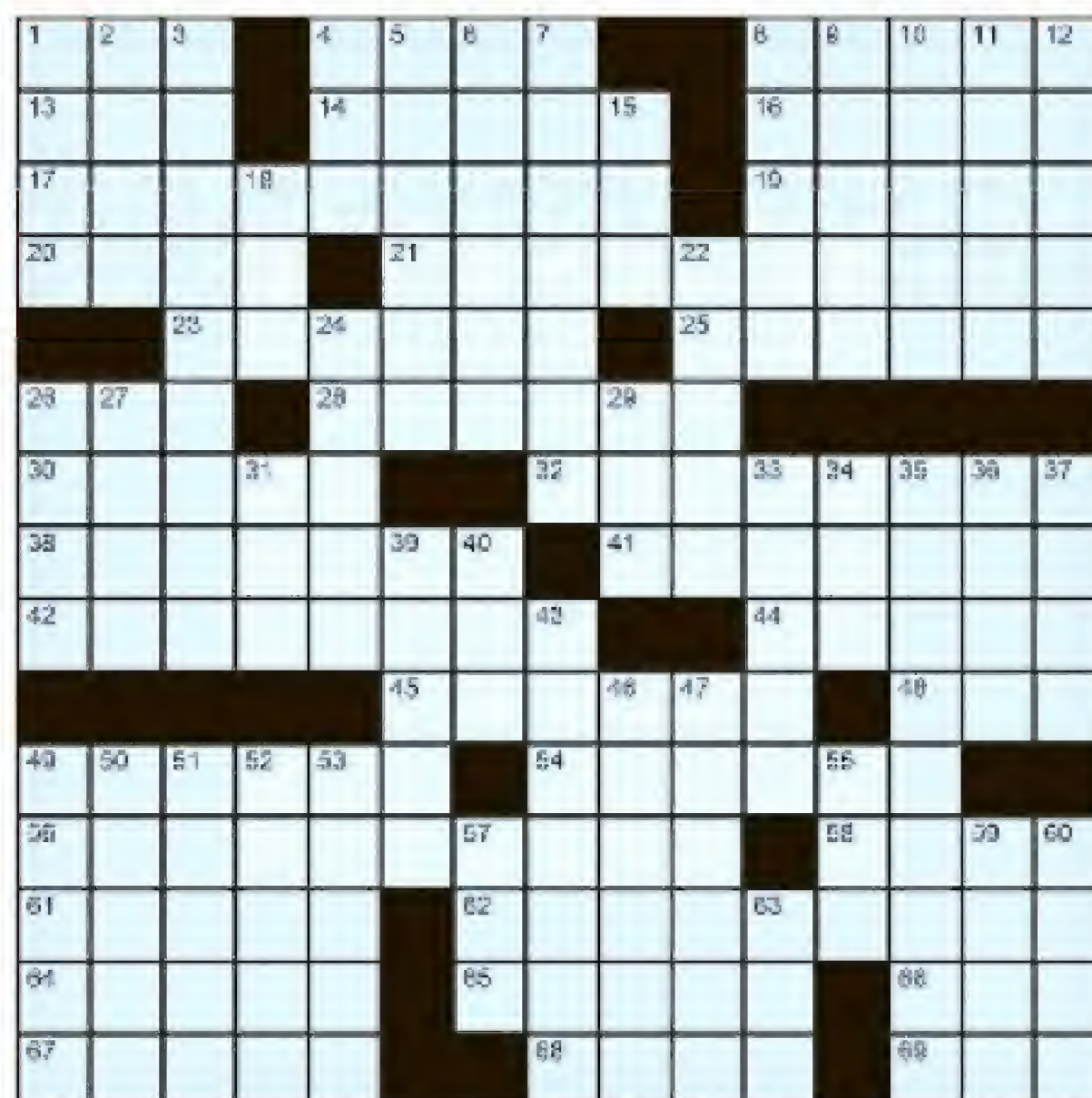
## Directions

1. In a large pot, warm oil over medium heat. Toss in onion and garlic and let soften 3 minutes. Add beef and break up with a wooden spoon. Sprinkle with chili and cook about 5 minutes.
2. Add beans and tomatoes, season with salt and pepper and simmer for 15 minutes.
3. Preheat oven to 375 degrees.
4. While chili cooks, combine flour, cornmeal, salt and baking soda in a large bowl. In another bowl, whisk buttermilk, oil and an egg together. Combine, but don't overmix.
5. Carefully pour chili into a 2-quart baking dish or ramekin. Spoon cornbread batter over the chili and smooth it over. Place baking dish in oven 20 to 25 minutes, until cornbread is golden. Insert toothpick into cornbread to check that it is cooked through.
6. Allow to cool slightly before serving. Top with sour cream and grated cheese.

FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



## ACROSS

1. Early-'80s song: "...Man Fever"
4. Flight-related UN Agcy.
8. Swiss \_ (Green leafy veggie)
13. "Turn to Stone" gr.
14. Balm
16. Moon-related
17. Trinkets
19. Musical blast from the past
20. Not ever, in verse
21. Wreckage grounds
23. File-using carpenter, say
25. Gauge
26. \_ borrow or steal
28. Theatrical form of Japan traditionally featuring actors in both male and female roles
30. Flow-of-energy therapy
32. Erik the Red or son Leif
38. Back: French
41. Super silly
42. Fleetwood Mac's "... Women"
44. Figure skater Ms. Kerrigan
45. Informant
48. Racecar driver Mr. Fabi
49. Takes place
54. Medieval oboe predecessor instruments
56. Toronto Symphony Orchestra's home, \_ Hall
58. Sparkling wine of Spain
61. Bill (Composer) or Tom (Actor)
62. \_ Challenge (Current motionlessness-

set-to-music fun time on social media)  
64. Extraterrestrial  
65. 1948 Pulitzer-winning poet, W.H. \_ (b.1907 - d.1973)  
66. Cape \_ , Massachusetts  
67. "...bleu!"  
68. Fathers, to kids

69. Ron of '60s show "Tarzan"

## DOWN

1. \_ Station (Commuter hub in NYC)
2. Hand cream ingredient
3. Makeup brand

4. Baffin, e.g.  
5. Purr-fect pet pampering place: 2 wds.  
6. The Autobiography of \_ , Toklas  
7. Plagued with pests, perhaps  
8. Saturates with sappiness  
9. Luau dances

10. Conductor Mr. Previn  
11. Surprise war-time attacks  
12. "... You Up" by Madonna  
15. Conductor, \_-Pelka Salonen  
18. Period  
22. Figure Skat-

ing couples  
24. Went down the snowy hill  
26. Boast  
27. Mr. Saarinen (Architect of the Gateway Arch in St. Louis, Missouri)  
29. Tree of Hawaii  
31. Josh  
33. Brawn  
34. Bambi's aunt  
35. Condiment with roast leg of lamb: 2 wds.  
36. "Perform" suffix  
37. "So Sick" single-named singer  
39. Rene of "Tin Cup" (1996)  
40. "... Beso (That Kiss)" by Paul Anka  
43. French waxworks legend, Madame \_ (b.1761 - d.1850)  
46. "Help Me, ..." by The Beach Boys  
47. \_ soups (Pantry items)  
49. Wolves of the sea  
50. Bella \_ (Valley in British Columbia)  
51. Faultfinder  
52. \_ nonsense  
53. Big river in Europe  
55. John Wayne crime movie of 1974 co-starring Canadian actress Colleen Dewhurst  
57. UFC sport, for short  
59. Bowed instrument  
60. Tennis ace Mr. Murray  
63. Nav. rank

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Grab every opportunity to travel in the next four weeks, because you are keen to expand your horizons. You want adventure and a chance to learn something new.

**Taurus** April 21 - May 21  
Your focus will be on shared property, taxes, debt, insurance matters and inheritances in the next four weeks. Do your homework to get prepared.

**Gemini** May 22 - June 21  
You will need more sleep in the next four weeks, because the Sun is now opposite your sign, and the Sun is your source of energy. Respect your need for more rest.

**Cancer** June 22 - July 23  
Do whatever you can to get better organized during the next four weeks, because this is what you want. It will boost your confidence as well as your efficiency.

**Leo** July 24 - Aug. 23  
The next four weeks are a playful, flirtatious time for you! Enjoy all social outings, sports events and fun times with kids.

**Virgo** Aug. 24 - Sept. 23  
Home, family and your private life are your main focus during the next four weeks. An interaction with a parent could be significant.

**Libra** Sept. 24 - Oct. 23  
The pace of your days will accelerate during the next four weeks, because your schedule will be busy! Expect short trips, increased reading, writing and studying, plus many errands!

**Scorpio** Oct. 24 - Nov. 22  
Now your attention turns to money and cash flow. During the next four weeks, you will seek ways to boost your earnings and monitor your assets.

**Sagittarius** Nov. 23 - Dec. 21  
The Sun will be in your sign for the next four weeks, giving you a chance to recharge your batteries for the rest of the year. It's all about you now, dear Sagittarius.

**Capricorn** Dec. 22 - Jan. 20  
Use the next few weeks to plan what you want for your new year ahead (birthday to birthday). If you make goals with deadlines, you likely will achieve them.

**Aquarius** Jan. 21 - Feb. 19  
It's a popular month ahead! Enjoy interacting with others. Make a point of sharing your hopes and dreams with someone to get his or her feedback.

**Pisces** Feb. 20 - March 20  
During the next four weeks, you look great to bosses, parents and VIPs. Because you have this advantage, push your own agenda and go after what you want. Timing is everything.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8		3	2		5
6						7
9	3		5	6		1
	2			8	5	
7						6
	4	1			8	
5		9	1		7	2
1						3
4		2	7		1	

THE HANDY  
POCKET  
VERSION!

Get the news as it happens



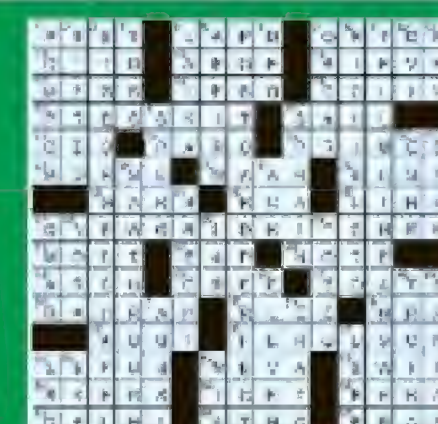
metro

Download the Metro  
News App today at  
metronews.ca/mobile

## FRIDAY'S ANSWERS

Your daily crossword  
and Sudoku answers  
from the play page.

for more fun and  
games go to  
metronews.ca/games



1	8	2	6	3	4	9	7	5
4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3



**MTS***We're with you.*

# Switch to MTS for an unbeatable deal.

Only MTS brings you everything you need in and out of the house:



Ultimate TV with  
Whole Home PVR

+



Unlimited high speed  
internet access at  
home (up to 50 mbps)

+



Smartphone plan  
including flat rate,  
Canada-wide data

For \$150 a month on a 2 year term. Regular price \$185/month.

Plus **save up to \$300** on any smartphone  
of your choice when you sign up.

**Act now. Offer available for a limited time.**

**Visit [mts.ca/unbeatable](http://mts.ca/unbeatable) or your nearest MTS store for details.**

Conditions apply. Available to residential customers only. \$150/month offer available to customers signing a 2 year contract for TV, Internet, and wireless services. If contracts are cancelled, terminated or reduced before the term is up, termination fees apply. \$300 device credit applied at time of sale. No cash/credit back if \$300 exceeds price of smartphone. Cannot be combined with other offers. Offers subject to change without notice. Services available in select areas. To change your plan after the promotional period has ended, call 204-225-5687 or service will continue at then current price. Actual speeds may vary and are not guaranteed. Unlimited Internet service is subject to our Internet Use Policy – visit [mts.ca/internetusage](http://mts.ca/internetusage) and our Fair Use Policy – visit [mts.ca/fairuse](http://mts.ca/fairuse) for details on our network management practices. MTS design mark, Ultimate TV and We're with you, are trademarks of Manitoba Telecom Services Inc., used under license. All other trademarks are property of their respective owners.